



Physical Agility Test

As a condition of employment for **Probation Correction Officer/Trainee** Positions, candidates will be required to pass a Physical Agility Test. Candidates who are successful in the written examination and referred to the department may be invited to participate in the physical agility test and interview process, which is administered by the Probation Department.

The **Physical Agility Test** will consist of the following:

- Support the weight of a hanging 150 pound bag or life-like dummy for 30 seconds. All stress must be continuously off the rope or chain from which it is suspended.
- Run a 99 yard obstacle course with 90 degree turns, 8" curbs, and a 3' saw horse hurdle.
- Lift and drag a 165 lb bag or life-like dummy 32 feet.
- Run 500 Yards.

NOTE: All events are timed and scored. Applicants must obtain a minimum passing score in each test in order to move onto the next test. In addition, applicants must meet the overall passing score to be successful.

We suggest the following in preparation:

- Wear proper jogging/walking shoes and comfortable (non-binding) gym clothing for these tests.
- Warm up properly before completing these tests.
- Consult your physician, if necessary, before performing these tests.

NOTE: Applicants will be required to sign a waiver before completing these tests.

